



NCARNG

Weekly Safety Newsletter



April 17, 2015

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Visit us at [NCGKO](#)
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information visit
[US ARMY
SAFETY CENTER](#)



FIRST AID Awareness Month

When an accident happens, first aid can make the difference between life and death, or between recovery and permanent disablement. April is First Aid Awareness Month. First Aid is the assistance or treatment given to an individual for any injury or sudden illness before the arrival of an ambulance or qualified medical expert. It may involve improvising with facilities and materials available at the time. First Aid treatment is given in order to preserve life, prevent the condition from worsening and promote recovery.



Protect-Examine-Alert

Protect yourself and the injured person. Avoid another accident by eliminating the cause.

Examine the victim. Look for severe external bleeding. Check for responsiveness and unconsciousness. Check for breathing. Check for circulation.

Alert. Call for assistance or have someone alert the emergency medical service rapidly. Always provide:

- o Exact location or address of the accident or incident
- o Telephone number where you can be called
- o How many people are involved
- o Nature of injuries (fractures, burns, etc.)
- o Indication of the seriousness of the injuries (breathing or not, etc.)
- o What first aid has been given

Treat the Victim

Control the Bleeding:

Apply steady firm direct pressure to the wound using a clean cloth or bandage. Avoid direct contact with the wound. Maintain direct pressure on the wound for 15 minutes. If it is a bleeding extremity and there are no fractures, lie down and raise the extremity.



Fractures: Immobilize the fractured limb with a splint. Use ice to control pain and swelling.



Burns: Carefully remove clothing, especially when chemicals are involved. First Degree: Place the injured part under slowly running cold water for at least 10 minutes. Second Degree: Do not break the blisters! If the blister should break, clean the burn and apply an antibiotic ointment. Cover the burn with a sterile gauze bandage. Third Degree: Immediately call 911



Choking: Clear the airway of obstructions with a finger sweep. Give 5 good taps on the back first. If choking persists administer the Heimlich Maneuver.



**Visit the www.redcross.org for more first aid information

**images provided by ADAM



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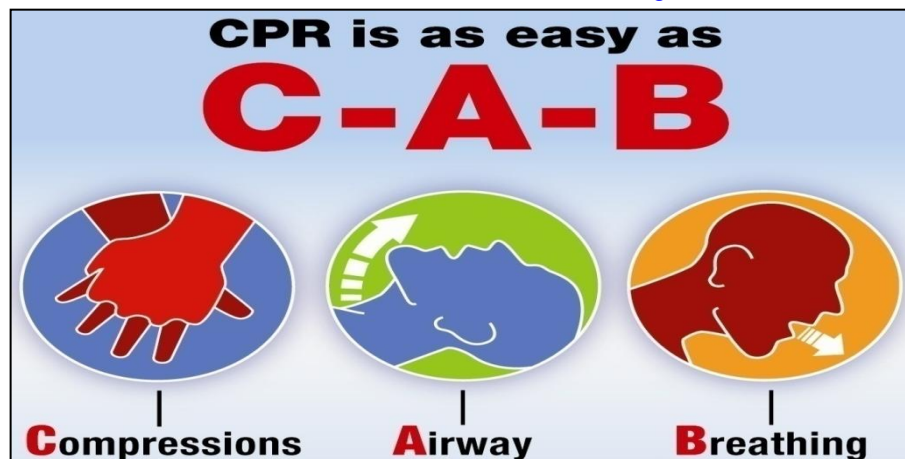
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Learn CPR It Could Save a Life



CPR is a vital act that can save lives when individuals are in need of help. According to the American Heart Association, only 30% of Americans know how to perform CPR. Patients who receive bystander CPR have almost four times the survival rate of those who don't. Below are some of the basics of CPR. Please visit the American Heart Association website www.heart.org to find CPR classes in your area.



Compressions:

- Make sure the person is lying on their back on a firm, flat surface.
- Move clothes out of the way.
- Put the heel of 1 hand on the lower half of the breastbone. Put the heel of your other hand on top of the first hand.
- Push straight down at least 2 inches at a rate of at least 100 compressions a minute.
- After each compression, let the chest come back up to its normal position



Open the Airway:

- Put 1 hand on the forehead and the fingers of your other on the bony part of the chin.
- Tilt the head back and lift the chin as seen on this image.



Give Breaths:

- Hold the airway open, pinch the nose closed
- Take a breath. Cover the person's mouth with your mouth.
- Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.

